



TOP TEN FOR JON County Cross Country Championships

Spartan JONATHAN PARR was a top ten finisher in Sunday's Hertfordshire County Cross Country Championships for seniors (aged 20 and over). Fifteen Fairlands Valley Spartans tackled the championships which were at Stanborough, Welwyn Garden City.

The county championships are a real step up in standard and this was a chance for Spartans to test themselves against many of the best in Hertfordshire.

First the women went on an eight kilometres (about five miles) course. NICOLA ANDERSSON was the fastest female from Fairlands with 43 minutes 38 seconds and in 53rd place. Next came LINDA NOLAN 67th in 51:45. SHARON CROWLEY came in 71st with 55:23; CATHY CRAIG 73rd with 57:23 and NIKKI NATION 74th in 60:43. Women's teams consisted of the four fastest runners.

The men raced 11.25 kilometres (about seven miles) over five full laps. Jonathan Parr came in eighth in 46 minutes 48 seconds. Six men counted towards the team championships. Despite missing some of their faster runners the Spartans men's team were 13th.

PAUL HEWETT was 58th in 53:45 and STUART ARCHER 69th in 55:16. The other "counters" were JOHN HARRIS 90th in 58:57; MARK WILLIAMS 99th in 60:13 and MARTIN WOOD 111th in 63:25. There were 127 finishers.

(Result tables towards the end of this release).

There's another opportunity to try cross country this weekend. The league race at Watford on Sunday morning 16th January.

Victoria Park Half

Both GERRY ROSEN and ROB WRIGHT competed in the Victoria Park Half Marathon on Sunday. Gerry said it wasn't pretty. Rob helped get him round after a non-existent few weeks running. They both finished in 2 hours 39 minutes 26 seconds.

Tony at the Essex Run Fest

New member TONY RANDFIELD ran the 5K at the Essex Runfest at Carver Barracks, Debden near Saffron Walden. He was fourth on chip time with 21 minutes 50 seconds and first in the men 60 plus category. There were 27 finishers. Tony said icy conditions prevented a really fast time but it is a flattish and fast course normally.

Parkrun report for 8th January by Danik Bates

In this week's roundup of Spartans on the Parkrun circuit, two Spartans get a top ten place finish at Stevenage – GRANT RAMSAY fifth in 19 minutes 35 seconds and DANNY SCANLON 10th in 20:10. ASHLEY JOHNSON was third woman at Stevenage in a course PB (personal best) of 22:06. Steve Wells just missed out on a sub-20 minute time at Poole and Nicola Kennedy was first female at Hunstanton with 23:03.

Stevenage Parkrun Results where 326 runners including 31 Spartans took part. Grant Ramsay 19 minutes 35 seconds (5th), Danny Scanlon 20-10 (10th), Ashley Johnson 22-06 (32nd and third female finisher, plus course PB), Tony Randfield 22-52 (38th), Sam Simmons 24-13 (60th), Hazel Smith 24-14 (61st), Martin Dudley 24-30 (70th), Darren Emmerson 24-40 (72nd), Marian Morley 26-23 (106th and course PB), Nick Kleanthous 26-39 (111th), Matt Clarke 26-55 (114th), Lee Pickersgill 27-21 (124th), Nicola Andersson 28-18 (138th), Debbie Blanter 28-46 (154th), Grace Coventry 29-00 (167th), Susan McAneny 29-08 (168th), Zoe Jackson 29-08 (169th), Jim Brown 29-30 (175th), Mike Reynolds 29-32 (176th), Claire Emmerson 31-08 (212nd), David Scott 31-08 (213th), Carole Sheldrick 31-43

(224th), Caroline Croft 31-46 (226th), Charlotte Kearney 32-42 (240th), Paul Jennings 32-59 (243rd), Callie Chapman 34-11 (255th), Mo Warrillow 39-39 (302nd), James South 40-48 (308th), Steven Dobner 48-48 (322nd), David Pattman 48-48 (323rd) and Roger Biggs 49-42 (324th).

Away days:

Poole (Dorset): Steve Wells 20-08 (26th out of 508 runners). Brockenhurst (Hampshire): Darryl Stevens 46-56 (124th out of 124th runners). Rutland Water (Rutland): Verity Fisher 30-01 (104th out of 168 runners). Hunstanton Promenade (Norfolk): Nicola Kennedy 23-03 (5th out of 30 runners and 1st female home).

Running into 2022

The Spartans regular training started again after the Christmas and New Year break with a starter session on holiday Monday evening 3rd January and back to the regular Tuesday sessions with up to five groups, plenty for a huge range of abilities and loads of opportunities to progress, on 4th January. You can run with the Spartans five days a week. Happy New Year.

Champions Night – Friday 25th February

The Spartans Presentation Evening will be on Friday 25th February. As well as awards there will be good food, chat and dancing. It will be at the Cromwell Hotel, Old Stevenage from 7p.m. Tickets £26 are on sale via www.fvspartans.org.uk and their Facebook page.

Coming Events

The Spartans are looking forward to a busy programme of races. Unfortunately there have been several clashes due to the pandemic disruption to the calendar but here are some suggestions:

- **Cross Country League race in Cassiobury Park, Watford on Sunday morning 16th January 2022.**
- **Fred Hughes 10 miles road race (including county championships for veterans) at St Albans on Sunday 23rd January.**
- **Serpentine Last Friday of the Month 5K in Hyde Park on Friday 28th January.**
- **Southern Cross Country Championships on Saturday 29th January (Venue TBA).**
- **Stripey Saturday in Stevenage on Saturday 5th February.**
- **Watford Half Marathon (including county championships for seniors i.e. all over 18) on Sunday 6th February.**
- **Cross Country League race on Therfield Heath, Royston on Sunday 13th February 2022.**
- **Love Welwyn Garden City 10K on Sunday 13th February 2022.**
- **Bramley 20 (and 10) on Sunday 20th February 2022.**
- **Spartans Presentation Evening in Stevenage on Friday 25th February 2022.**
- **National Cross Country in London on Saturday 26th February 2022.**
- **Welwyn Half Marathon on Sunday 27th February 2022.**
- **Baldock Beast Half Marathon on Sunday 27th February 2022.**
- **Cambridge Half Marathon on Sunday 6th March.**
- **Essex 20 on Sunday 6th March.**
- **Milton Keynes Festival of Running (20 miles, half, 10K, 5K) on Sunday 13th March.**
- **Oundle 20 on Sunday 13th March.**
- **Hertfordshire Cross Country Championships for Veterans at Trent Park on 26th or 27th March.**
- **Lee Valley (White Water) Half and 10K on Sunday 27th March 2022.**
- **Bedford Autodrome Running Grand Prix on Sunday 27th March 2022.**
- **Manchester Marathon on Sunday 3rd April 2022.**
- **London Landmarks Half Marathon on Sunday 3rd April 2022.**
- **Essex Marathon and Half on Debden Airfield on Sunday 3rd April 2022.**
- **Flitwick 10K on Sunday 10th April 2022.**
- **Brighton Marathon on Sunday 10th April 2022.**
- **Maidenhead Easter Ten on Friday 15th April 2022.**
- **Dorney Marathon on Sunday 24th April 2022.**

- Hitchin 10K on Sunday 1st May 2022.
- Edinburgh Marathon Festival on 28/29 May 2022.
- Hatfield Broad Oak 10K on 4th June.
- Marston Forest 5K on Friday evening 10th June 2022.
- St Albans Half Marathon and 5K on Sunday 12th June 2022.
- Hitchin Hard Half (plus 10K and 5K) on Sunday 26th June 2022.
- Doug Anderson Memorial 5K in Bedford on Wednesday 20th July 2022.
- St Albans Summer 10K on Sunday 14th August 2022.
- Big Half (London) on Sunday 4th September 2022.
- Oakley 20 in September (date to be announced).
- London Marathon on Sunday 2nd October 2022.
- Stevenage Half Marathon (FVS) on Sunday 6th November 2022. Entries are open.
- London Marathon on Sunday 23rd April 2023.

Tables

Hertfordshire Cross Country Championships

Women (8 kilometres – 5 miles). Teams of four.

Position	BiB	Name	Unofficial Time
53	621	NICOLA ANDERSSON	43:38
67	626	LINDA NOLAN	51:45
71	623	SHARON CROWLEY	55:23
73	622	CATHY CRAIG	57:23
74	625	NIKKI NATION	60:43

74 finishers

Men (11.25 kilometres – 7 miles). Teams of six.

Position	BiB	Name	Unofficial Time
8	448	JON PARR	46:48
58	444	PAUL HEWETT	53:45
69	439	STUART ARCHER	55:16

90	443	JOHN HARRIS	58:57
99	454	MARK WILLIAMS	60:13
111	455	MARTIN WOOD	63:25
112	451	TOM SAUKA	64:08
125	450	TIM ROBINSON	73:35
126	446	ANDY JAY	73:54
127	450	JONATHAN JONES	74:46

127 finishers. 13th team.

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! They were founded in 1984 and named after the local park. In June 2019 they were promoted to division one in the mid week road race league, a position they still hold. Despite the lack of races and restrictions on group training in January 2021 the Spartans had 333 members, 171 men and 162 women. They have an average age of 45, from late teens to 70 plus, with a very wide range of ability and running interests.

The Spartans encourage participation by all. They have a varied training programme to suit those who want to run 5 kilometres through to full marathons. It puts back into the sport by organising events such as the Stevenage Half Marathon, Fairlands Valley Challenge, the Relays in the Park and events for the Mid Week and Cross Country Leagues.

The Spartans weekday training sessions are on Tuesday and Thursday evenings. Up to six running groups go out on training nights – there will be one to suit you! The Spartan Starter group runs every Monday (except public holidays). During January 2022 most training sessions start are from the Stevenage Hockey and Cricket Club in Ditchmore Lane, Old Stevenage (SG1 3LJ).

Most long Sunday morning training sessions start 9a.m. sharp. Spartan track training sessions are held at Ridlins Athletics Track, Woodcock Road, Stevenage most Saturdays from 9.30a.m. There are events to enter every Sunday and all Spartans get free entry to the summer Mid Week Road Race League. Newcomers are very welcome – those who have not

yet done very much running might prefer to start with a Thursday, Saturday or Monday session.

Membership is only £41 per year for 2021/2022 which includes UKA affiliation and thus discounts for many events and participation in many competitions and training opportunities. Concessions are available (£28.50). Membership forms are available on the Spartans website www.fvspartans.org.uk Please ask if you would like a paper copy. You can also join online.

If you want to know more about the Spartans please contact Jim Brown (0793 968 7509); Vicky Archer 07403 096582; info@fvspartans.org.uk; or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509 or secretary@fvspartans.org.uk

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